



PROUD MEMBERS
OF THE



Brent Hughes Head Coach

Brent played 357 games in the NHL for the Winnipeg Jets, Boston Bruins, Buffalo Sabres and New York Islanders. He also played 328 games in the AHL. He played 4 seasons in the WHL for the New Westminster Bruins and Victoria Cougars. His coaching credits include 8 years as Head Coach in the CHL and 1 year as Head Coach in the NAHL prior to joining the Flames organization as Head Coach in the 2021/22 Season.

Jason Phillips Assistant Coach

Jason is a retired Burnaby Firefighter captain with an extensive hockey background. Jason played 8 years professionally in Germany, attended 2 Vancouver Canucks training camps, and played in the WHL. Jason was a member of the 1988 Centennial Cup Jr. A National Championship Team. Jason was a longtime player and coach of the Burnaby Fire Department Hockey Team culminating in a gold medal at the 2023 World Police and Fire Games.

Mike Legg Assistant Coach

Mike is the 1996 NCAA Champion with University of Michigan (4 seasons). He was drafted in 1993 by the New Jersey Devils and played 6 seasons of pro hockey in Europe and the US. He is most famous for scoring the "Michigan" goal in 1996. Legg was awarded "Goal of the Year" by Inside Hockey and his stick is in the Hockey Hall of Fame. Mike has been coaching for several years with the Flames organization.

Jeff Smith Goaltender Coach

Jeff is a goaltending coach and former Canadian pro goaltender, who last played in the ECHL with Utah and Orlando. Jeff played NCAA hockey with UMass-Lowell and St. Cloud State. Jeff played in the BCHL with Powell River, and was named 2013/14 BCHL Goalie of the Year. He is currently a head consultant with Assertion Goaltending Consultants.

Program & Athlete Spotlight:

Program History:

The Flames were established in 1972 and moved to Ridge Meadows in 1993. We have a rich history of success: 7 Stonehouse Cup Championships, 3 Provincial Championships, 1 National Championship. 2025 Junior Tier 1 status.

BCHC Top Prospects Game Participation:

- 13 Flames athletes have participated in the past 3 games

WHL Advancement:

- Brandon Osborne - Calgary Hitmen 2023/24

7 Flames alumni recently advanced:

- Tyler Blatz - Langley Rivermen
- Linden Perry - Swan Valley Stampede
- Tenzin Nyman - Timmins Rock
- Adam Leitch - Prince George Spruce Kings
- Talon Duff - Alberni Valley Bulldogs
- Tyson Phare - Renfrew Wolves
- Kenyon Nyman - Red Lake Miners

Flames alumni recently advanced to collegiate hockey:

- Lukas Ravenstein - Drury University
- Nolan Bowsher - Drury University
- Owen Thibodeau - Simon Fraser University
- Kenyon Nyman - NAIT
- Ryley Lanthier - Ontario Tech University
- Teddy Prior - Western Washington University
- Josh Tak - Calvin University
- Matt Tyszka - Simon Fraser University
- Matthew Jung - Simon Fraser University

Program Features:

- Cam Neely Arena - Home Rink
- Practice Monday, Tuesday, Wednesday
- Home Games Friday Night
- Custom Team Dressing Room
- Fitness Unlimited Gym Membership
- Team Athletic Trainer
- Team Access to Enhance Sport & Wellness
- Team Access to Chiropractor (Dr. Lorelei Zacharias)
- Academic Advisor
- Team Mental Health Advisor
- Pre-Game Nutritional Snacks & Drink
- Post-Game Meal After Home Games
- Full Gameday Supplies - tape, wax, laces, equipment
- CCM Team Equipment - Helmet, Embroidered Custom Gloves, Pants/Pant Shell & Bag
- Team Apparel: Hoodie, Hat, Warm-up Shorts, T-shirt
- Team building events
- Community Volunteer events
- We use The Prospect Exchange
- Weekly Social Media Video with highlights, interviews, previews
- Awards Banquet for players and parents

For more information contact
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Notable Alumni:

- Brad Hunt (NHL)
- Brandon Yip (NHL)
- Mackenzie Skapski (NHL)
- Stephen Peat (NHL)
- Jordan Hollett (NHL Draft Pick)
- Brennan Sonne (Current AC, Coachella Valley AHL)
- Kellan Tochkin (CHL & ECHL)
- Eric Williams (WHL & CIS)

